

MESA
Swim Team  Boulder

2023 MESA SPRING MEETING



AGENDA

- Team philosophy
- Training approach, practice and meet logistics
- Parent volunteer requirements
- Social events
- Meet the coaches



Last call for swim suit fitting!

- Send your kid with Eleanor if you might want a team suit and haven't got sized yet
- Christine (from Colorado Swim Shop) will be leaving soon!

MESA PHILOSOPHY

- Competitive swimming experience within a fun and supportive environment.
- Swimming is an individual sport
- Experienced and dedicated coaches
- Hardworking, fun-loving parents
- Memories and friendships last a lifetime
- Fun, team-spirit, good sportsmanship, encouragement, progress and personal goals
- Swimming is a “no cut” sport at FHS.
- MESA families are ASEM!



TALK LIKE A PIRATE

- We are a cohesive team, communication is key.
- We fully support each other and the swimmers on the other team.
- Coaches email age groups
- Weekly newsletter
- Website – lots of info!
- Communication between...
 - Coach – Coach
 - Coach – Swimmer
 - Coach – Parent
 - Swimmer – Parent



RULES OF THE POOL (for swimmers)

- Do your best, have fun.
- Sportsmanship, Sportsmanship, Sportsmanship!
- Do not disrupt practice
- Follow all coach requests (to warm-up, start a set etc.)
- No splashing, dunking, pushing/pulling other swimmers
- Do not stop flow of a lane's work-out
- Respect fellow teammates and coaches
- No horseplay
- Cliques and bullying are not tolerated

9-WEEK PLAN

WEEKS 1-3 – Good Habits and Strength

- Stroke technique
- Kicking and Endurance
- Starts & turns

WEEKS 4-6 – Endurance v. Speed

- Stroke technique
- Race strategies, speed work
- Starts & turns

WEEKS 7-9 – Put it All Together

- Fine-tune stroke technique, starts & turns
- Deciding race strategy
- Speed work & racing

PRACTICE SCHEDULE

May 30 – July 28

- **Pre-team: 4:30 - 5:00; Mon (EBRC), Tues, Thurs (NBRC)**
- **8&U and 9-10: 5:00 - 5:45; Mon, Wed, Fri (EBRC); Tues, Thurs (NBRC)**
- **11 and Up: 5:45 - 7:00; Mon, Wed, Fri (EBRC); Tues, Thurs (NBRC)**
- **Morning practices for 13 and Up (tentative): 8:15-9:30am; Tue, Thurs (NBRC)**
- **Stroke clinics: TBD**

SWIM MEETS

Dual Meets – Saturdays

- June 10 • Home Boulder Country Club (BCC)
- June 17 • Home Ranch Country Club (RCC) / Westminster Waves
- June 24 • Away Louisville
- July 1 • Off
- July 8 • Home YMCA
- July 15 • Away Flyers
- July 22 • Away Meadow Glen

Home meets at Broomfield Community Center



Signup Genius will be used to sign up for meets. IF A RESPONSE IS NOT RECEIVED BY THE DUE DATE, WE WILL ASSUME YOUR CHILD WILL NOT PARTICIPATE IN THE MEET.

SWIM MEETS

All-League Meets

- Mon June 19 • Fox Hill Pentathlon
- Tue June 27 • Rock Creek Hot Shot / Long Shot

League Championships

- Wed, July 26 • 6am - 3pm 8-12 Prelims 6am-3pm
- Thurs, July 27 • 8am - 2pm 13-18 Prelims
- Sat, July 29 • 6am - 3pm Finals

Pre-Team Meets

- July 16 • Boulder Country Club
- One to two additional intrasquad pre-team meets will be scheduled on Sunday afternoons.

2023 COACHING STAFF

Susan Einberger	Head coach & 8U
Allyson Friday	9-10
Jamie Canino	11-12
Kimberly Goodell	13-14
Laurie Johnson	15-18
Jenny McCoy	Assistant coach
Joelle Haensly	Assistant coach

**Age Group coaches are responsible for meet line-ups.
Swimmers will have the opportunity to work with all coaches!**

MESA BOARD

- President: **Mike Kanda** (Moto 17 and Mari 14)
- VP/Webmaster: **Dan Moore** (Charlotte 11, Lucy 8)
- Treasurer: **Open!**
- Registrar/Secretary: **Welcome Jill Beary!** (Cora 8, Avery 6)
- Meet Coordinator: **Kelly Stroker** (Kyla 18, Mira 14)
- Social Coordinator: **Eleanor Hodby** (Anna 14, Will 8)
- Parent–Coach Liaison: **Welcome Anne Matzke!** (Anders 11, Lilly 9)

PIRATE SWAG

Your swimmer will need...

- Practice suits – Any one-piece suit, NO two-piece
- MESA race suit and swim cap – Optional, but nice for team spirit. **Custom caps are nice for coaches / spectators and don't get lost as easily!**
- Goggles – At least 2 pairs (outdoor)
- Beach towel for under the tents
- Girls' "jammer" style suits are now allowed.



Purchasing Suits/Caps

- New suit this season – don't guess sizing!
- Stop by Colorado Swim Shop (2525 Arapahoe Ave) to try on
- Order deadlines (very soon!):
 - Custom Caps: THURSDAY, MAY 11, 2023 @10:00AM
 - Suits and backpacks: TUESDAY, MAY 16, 2023 @ 10:00 AM
- Ordering details:
 - Find MESA in the the Teams Store at coloradoswimshop.com
 - Password: Mesa23

We hope to distribute gear at picnic on June 5th.

MESA Team Shirts



PIRATES' CODE (for parents)

This is SUMMER SWIM TEAM

1. Don't impose your ambitions on your swimmer
2. Be supportive and encouraging -- no matter what
3. Say only positive things at swim meets
4. Don't coach your child, let the COACH do that
5. Have respect for your child's coach and their experience
6. Don't talk about the "big meet" or results or place
7. Respect officials, timers, stroke judges, and all volunteers
8. Have set goals before each meet... besides winning
9. Congratulate your child for simply swimming!
10. Don't take this too seriously (It's summer and it's FUN!)

PIRATE VOLUNTEERING

- Show support to your kids!
- ALL HANDS ON DECK for each home meet.
- Volunteers are ESSENTIAL to be able to run an organized and fun meet for our kids.
- Successful meet = 100 people pitching-in!
- Most volunteers switch at the halfway point of the meet.
- Volunteering is a great way to get to know people!
- We need a volunteer(s) for the team and coaches tent!

MEET JOB ASSIGNMENTS

- We really need each FAMILY to volunteer at every home meet.
- Most volunteer positions don't require any swimming experience.
- Examples:
 - Lots of Timers
 - Runner
 - Coaches Coolers
 - Set-up/Clean-up
- There are some that require a little experience or training:
 - Starter
 - Stroke Judge
- Sign up on Team Unify
- You can get details from Meet Coordinator

SOCIAL ACTIVITIES

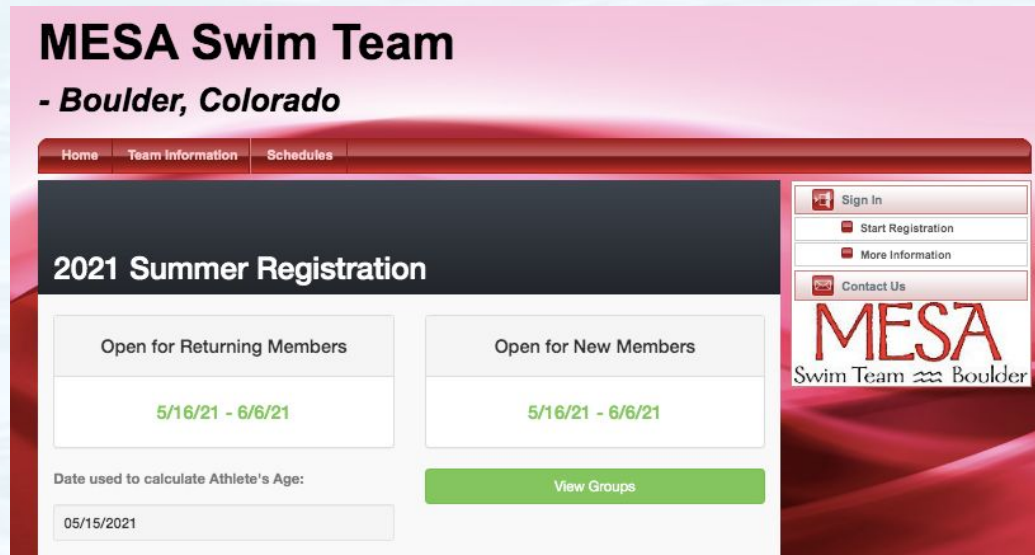
- **Big Swimmer / Little Swimmer program:** All season.
Sign-up NOW at back before you forget!
- **Kick off picnic:** Sunday June 4th, 6pm, Martin Park
- **Gateway Park Fun night:** Tuesday June 13th, 6pm
- **Waterworld Day:** Monday July 10th, 10–5pm
- **Pasta power up:** Sunday July 23rd, 6pm, Martin Park
- **End of Season celebration:** Sunday July 30th, 2pm, NBRC

Organizing other events e.g. age group dinners highly encouraged!

REGISTRATION

Registration Soon!!!

- Register via website (teamunify.com/Home.jsp?team=recbvsslmesa)
- Fees \$395 (Main Team) \$295 (Pre-Team)



The screenshot shows the MESA Swim Team website for Boulder, Colorado. The page has a pink header with the team name and location. Below the header is a navigation bar with links for Home, Team Information, and Schedules. The main content area is titled "2021 Summer Registration" and features two columns for registration periods: "Open for Returning Members" and "Open for New Members", both showing the dates "5/16/21 - 6/6/21". A date input field for "Date used to calculate Athlete's Age:" is set to "05/15/2021". A green "View Groups" button is located below the date field. On the right side, there is a sidebar with links for Sign In, Start Registration, More Information, and Contact Us, along with the MESA Swim Team logo.

MESA Swim Team
- Boulder, Colorado

Home Team Information Schedules

2021 Summer Registration

Open for Returning Members

5/16/21 - 6/6/21

Open for New Members


5/16/21 - 6/6/21

Date used to calculate Athlete's Age:

05/15/2021

View Groups

Sign In
Start Registration
More Information
Contact Us

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QUESTIONS?



Go MESA!